

# Four Corners Health Department



**Public Health**  
Prevent. Promote. Protect.

2101 N Lincoln Ave, York, NE 68467 • 402-362-2621 • 877-337-3573 • [www.fourcorners.ne.gov](http://www.fourcorners.ne.gov)

## 2009 Annual Report



### Mission Statement:

To **promote** health, **prevent** disease and **protect** the environment, improving the health of the Four Corners Community.

## **President of Four Corners Board of Health**

This has been a busy year for the Four Corners Health Department. The H1N1 work has been a top priority but the staff continues to serve our public health “community” very well. The professionalism and dedication of this health department staff is note-worthy. As you peruse the annual report and read the stories of their work, note that many citizens benefit from the scope of public health. As a member of this Board of Health from the very first day of organization, I have witnessed the growth of programs, projects, business savvy and public health expertise.

It has been a learning, growth of knowledge experience for all of us who serve as board members. It is my pleasure to serve with such dedicated board of health advocates who provide the governance of the Four Corners Health Department.

By state statute, our health board must have a county commissioner from each of our four counties. Commissioner Gene Bergen and Supervisor Bill Kozisek have served from the beginning in 2002 and are joined by Mike Smith and Scott Stuhr. Each of these elected officials represents their county well, but more importantly, they diligently represent Four Corners Health Department as the public health “community.” We all have benefitted from their governance experience.

Also, each board of health must include a dentist and a medical doctor. We have had the good fortune to have the leadership of Dr. Mark Minchow, DDS and Dr. Darroll Loschen, MD as professional partners on the board. We have been served well and will continue to depend on their expertise and commitment to public health. It is a privilege to serve with them.

The last category of board membership is what is referred to in state statute as the “spirited individual” from each county. The spirited advocates are Roger Reamer, Darla Winslow and recently appointed Monica Polivka, who replaces Don Naiberk. Roger and Don are 2002 spirited board members and have shared not only their spirit and energy but a great deal of business and management expertise. I, too, have been a spirited board member since 2002. The Four Corners Board of Health has been energized by very good board members, past and present.

Working together, the department staff and the Board of Health strive to make the Four Corners community a healthier and safer environment. We believe in the mission to promote health, prevent disease and protect the environment to improve the health of all Butler, Polk, Seward and York citizens.

The success of any public business such as the Four Corners Health Department depends on the cooperation and partnerships within the counties and the state and the national partners. Be assured that this public health department is working vigilantly for the health and welfare of our citizens. We take Public Health, the health of the public, your health, our health, very seriously and with earnest concern.

Margaret Brink  
Board President



# Board of Directors



Margaret Brink, Board President  
York County



Eugene Bergen, Vice President  
York County Commissioner



Darla Winslow, Secretary  
Polk County



Mike Smith, Treasurer  
Polk County Commissioner



Roger Reamer  
Seward County



Bill Kozisek  
Butler County Supervisor



Monica Polivka  
Butler County



Scott Stuhr  
Seward County Commissioner



Dr. Darroll Loschen  
Board Physician, York County



Dr. Mark Minchow  
Board Dentist, Seward County



## Four Corners Health Department Staff:

From left to right:

Lynda Zieg, Program Specialist

Val Tvrdy, RN, Public Health Nurse

Chris Blanke, RN, Public Health Nurse

Vicki Duey, Executive Director

Kathy Rocolle, Administrative Assistant

Amy Hoffman, Program Assistant

Laura McDougall, Asst. Director; Emergency Response Coordinator

## Novel H1N1 Influenza:

Wow what a year! We have been working to prepare for a Pandemic Flu for over five years, and this year we had our first example. H1N1 became a reality. Some of what we learned was that a Pandemic Flu is:

- a type of flu not experienced in the world before;
- very contagious;
- spreads world wide;
- and is totally unpredictable.

Even today, as we have seen a dramatic decrease in the number of cases, we aren't sure if another wave of the disease is coming, or if we have endured the introduction of what turned out to be a new mild to moderate flu.

Without the knowledge of what to expect, the world, the USA, Nebraska and the Four Corners District prepared for the worst – a highly serious and potentially deadly disease. As the flu began to spread across the nation, we learned that while it was highly contagious, in most cases it was not causing serious illness. However, the dangers to youth and pregnant women soon started to become evident.

The department worked feverishly to keep up with the new information as it became available. The Centers for Disease Control and Prevention (CDC) was constantly informing us of the trends that were being seen across the nation and the world. Weekly calls allowed collaboration between the State Department of Health and Human Services as well as the network of Public Health Departments across the state.

We began to look at all the plans that had been developed to deal with a Pandemic and had to adjust to THIS pandemic. Health partners in our District gathered in person, over video conference, and by phone. Plans to address school absences were discussed with all schools in the district. Vaccine Distribution plans were revised to meet this specific type of illness. New guidelines put out by CDC were distributed and then redistributed, as guidelines changed based on more knowledge of the disease.

**Health Alert Network:** In addition to the Centers for Disease Control and Prevention (CDC) and State of Nebraska Health Alert Network system, Four Corners also utilizes a Local Alert System. This networking sends out pertinent health information to Health Care Providers and Infection Preventionists in Hospitals by email and fax. In 2009, Four Corners found that new partners needed to be added. The Network list now also includes contacts from Schools, Nursing Homes, Home Health Care organizations, and Hospice organizations. This system proved to be a very valuable instrument to keep our partners up to date with the most accurate and timely information regarding 2009 H1N1 Influenza.



**Darla Winslow and Laura McDougall  
deliver masks in Osceola.**

During the 2009 H1N1 outbreak, anti-viral medications and masks and gloves were released to the State of Nebraska to distribute as needed. Four Corners worked with the partners pre-designated in the Four Corners Emergency Response Plan to devise a local strategy for transport, receipt, storage and distribution of the medications and supplies. Meetings were arranged with local hospital and clinic administrators to discuss strategies and explore capabilities. Further group and individual county planning sessions were held to develop an approach to vaccinating targeted groups of people who should receive an H1N1 influenza vaccine as it became available.



As vaccine became available, Four Corners staff packaged and delivered doses of H1N1 vaccine to various locations.



Four Corners partnered and contracted with three main immunizers to get people vaccinated as quickly as possible. These contractors were Polk County Health Department, Seward Memorial Health Care Systems, and York Home Care Plus. In addition, Butler County Health Center, Henderson Health Care Services and many local nurses contracted (and volunteered) with Four Corners staff to administer vaccine throughout the District.



## H1N1 clinics in the Four Corners District: Schools:



**Businesses and open clinics:** Four Corners Health Department, Nebraska Corectional Center for Women, David City Knights of Columbus, Nebraska Public Power District, Region V, York Senior Center, Timpte, Even Temp, Hamilton Sundstrand, Home Care Plus, Memorial Health Care Systems - Milford, Utica, and Seward Clinics, Polk County Health Department, Fargo, KV Vet, York Home Show, Henningsen, David City Banks

Results of vaccinations administered throughout the Four Corners District are:

6-23 months	441
24-59 months	809
5-18 years	3677
19-24 years	434
25-49 years	1964
50-64 years	1668
65+ years	1503
Total	10,496 Doses

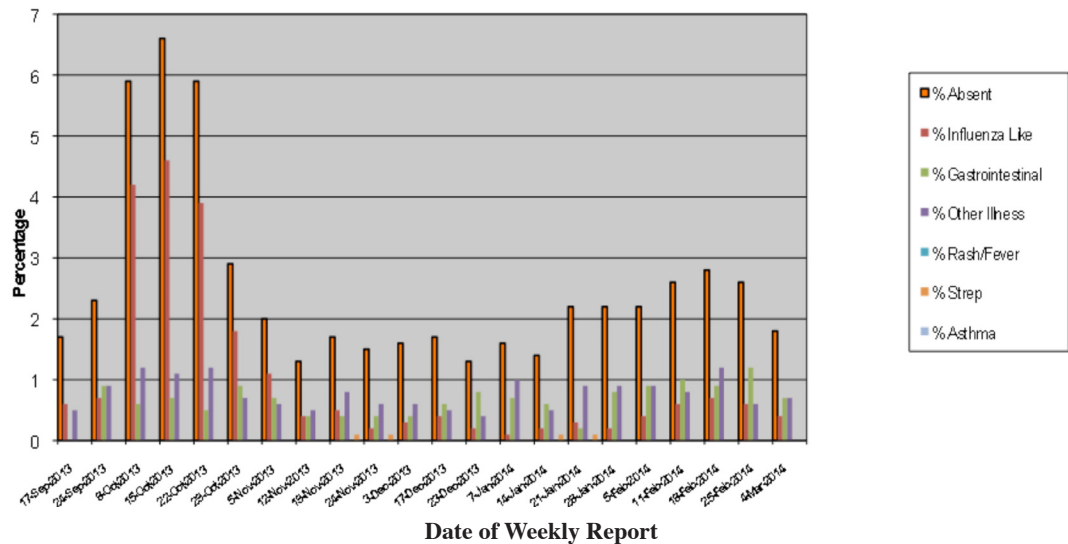


A town hall meeting with the Latino Community was held in conjunction with the Department of Health and Human Services Office of Minority Health. The town hall meeting was held in Spanish and informed the community about 2009 H1N1 influenza and vaccination. Our interaction with this community and identification of “lay health ambassadors” will help us in the future to communicate important health information with this minority population.



Reportable Illnesses:

Absence Due To Illness as Reported by Schools  
in Four Corners Health District  
2009-2010 School Year



This graph represents the illness as reported by 35 school buildings each Wednesday in the Four Corners District. there are 7598 children in the Four Corners District schools. The wave of influenza illness reported in October 2009 was largely due to the H1N1 pandemic virus. This is just one of the surveillance methods used in the State of Nebraska to keep an eye on influenza-like illness.

Four Corners Health Department monitors multiple sources for the early appearance of reportable diseases. This enables the department to work quickly with health care providers and the public to control the outbreak of disease. Much of the department’s effort is toward education to prevent the spread of illness such as the H1N1 influenza.

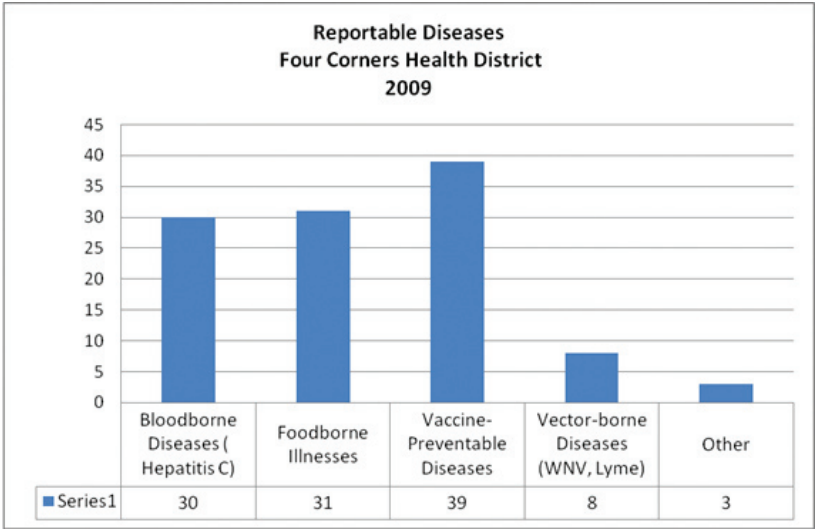
Influenza-like Illness



Surveillance:

Infection Preventionists at the five hospitals in the Four Corners Health Department District report the number of admissions to the hospital with influenza-like illness from October until May. Influenza surveillance information is reported to the Department of Health and Human Services who compiles this information for a statewide look.

Reportable Diseases  
Four Corners Health District  
2009



Disease Surveillance:

School Surveillance:

Four Corners works closely with the schools in our District in collecting reports of absences due to illness from each school. Information is provided to the schools on what illnesses are going around and how to prevent them. This year, Influenza-Like Illnesses were very closely monitored.



West Nile Virus:

This is Four Corners’ second year of trapping mosquitoes for testing within our District. The traps are set every two weeks for six months. We also continue to collect birds from the District for testing.



## Tobacco Prevention:

Our goal in the Tobacco Intervention Project was to inform businesses and citizens about the Revised Clean Indoor Air Act that went into effect June 1, 2009. An education packet outlining the specific requirements of the Revised Clean Indoor Act along with No Smoking signs and table tents were mailed to all businesses in the four Corners District. Radio and newspaper advertising was accomplished prior to June 1. Billboards giving information about quitting smoking were displayed in each county. A partnership between law enforcement and Four Corners was developed regarding enforcement of the new No Smoking regulations. Four Corners is available to provide information and referrals to those who want to quit smoking.



Four Corners staff visited 42 bars/restaurants in the district to provide information on the June 1st law, as well as resources. Resources included Smoke Free Nebraska coasters, No Smoking signs and table tents, post-it-notes, and a No Smoking Zone Stress Cone. In general, owners and operators appreciated the help in getting this Smoke-Free Workplace implemented. Some had questions as to how this might affect businesses; most people felt it

was better for their staff and customer's health. In our District, only two complaints were received and both have been resolved. Tobacco Intervention Implementation grant funds received through the Nebraska Department of Health and Human Services were used to support this community awareness and education project.

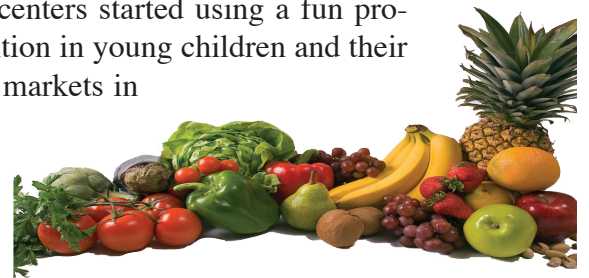
## Workforce Training:

Some of the training received by Four Corners staff included:

Nutrition; Immunizations; Public Health Preparedness; Food Safety; Infectious Diseases; Pandemic Flu/H1N1 - continual updating and guidance; Public Health Education; Woman, Infants, and Children (WIC) training; Grant Writing; Cancer Prevention Awareness and screening; Alcohol and Drug Abuse prevention; recognition of childhood abuse and neglect - prevention methods; sexually transmitted disease prevention and referral; Child Safety Passenger update, leadership training.

## Maternal Child Health:

One project to improve the health of the Four Corners community was aimed at children entering Kindergarten at a healthier weight. The focus of the project was to have children under five eating more fruits and vegetables and increasing their physical activity. Eight preschools and child care centers started using a fun program called Animal Trackers which promotes physical activity and nutrition in young children and their families. Produce was purchased from local grocery stores and farmers markets in each county and distributed with the educational information to these preschools in the Four Corners District. Recipes for using these fruits and vegetables were developed and given to the childcare centers and distributed to parents of the children who attend these centers, to encourage children to try fruits and vegetables.

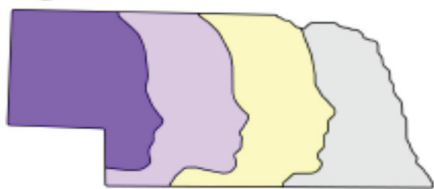


*One mom thought it was great that kids were given fruit and vegetables to take home from their preschool. It had a great impact. Her daughter brought home a green pepper excited to try it. As soon as she got home, it was eaten for a snack. She had never been interested in a green pepper, even though she had been offered it many times at home. Now it's one of her daughter's favorite vegetables. The mom's other two children wanted to try it also.*

This project received funding from the Maternal Child Health Program through the Nebraska Health and Human Services Department. Other activities of this project included bulletin inserts with nutrition and physical activity information to faith communities throughout the District; Four Corners staff presented sessions at the Early Childhood Conference at Concordia University; and Four Corners assisted with physical activity experiences in Family Fun Night



## Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

In cooperation with the State office of Women's and Men's Health, 244 postcards were mailed out to City/Village offices, libraries, churches, Senior Centers, Women's organizations, beauty shops and medical clinics for the May Every Woman Matter Campaign and to raise awareness of women's and men's health month.

The *Every Woman Matters Program* helps women 40 through 64 years of age get the health care exams they need.

Since 1991, we've reached over 70,000 Nebraska women with the screening and education services that we offer.

Screening and Education services may include:

- Breast and cervical cancer screening
- Heart disease and diabetes screening
- Health information to help women put their health first
- Eye exams and vision screenings at age 3 or earlier if needed
- Dental exams beginning at age 1 or earlier if needed
- Hearing exams

- Needed treatment for identified problems
- Health information

### Call Care:

This free service is available Monday thru Friday from 7:00 am to 7:00 pm to provide:

- Medical advice from a local Registered Nurse
- Assistance in finding a physician or dentist close to your home
- Information on local health agencies and programs
- Resource referrals



### Public Health Nurse:

- Call Care • Every Woman Matters
- Phone Program • Medication Assistance



*"I just wanted to say Thank You. I cannot begin to tell you how valuable the Call Care program has been to me and my family. I have used this wonderful service many times over the past six years, and I would be lost without it. It is so comforting to know that the nurses are there to help me. They are very calming and they listen to all my questions and help me however they can. Whether it was an allergic reaction to penicillin for my oldest son to constipation help with my infant. They have helped me throughout it all. I cannot say enough how valuable this program and the Four Corners Health Department in York, NE have been. Thank You for your time and this wonderful service."*

*Sincerely, Misty Mooney*

### KIDS CONNECTION



Reaching for a healthy future™

### Is it Health Check Time?

The Nebraska HEALTH CHECK program provides check-ups for children ages birth through 20 who are eligible for Kids Connection or Medicaid. The following services are provided by HEALTH CHECK:

- Head-To-Toe physical examinations
- Immunizations
- Necessary Lab tests, including lead screening at 12



Four Corners partners with Safe Kids in efforts to prevent injuries in children. With the help of our car seat technicians, we hold a monthly event to insure that each car seat is properly installed and the child is buckled in correctly. Bike safety, sport safety, water safety, and home safety are other areas addressed by our local chapter.



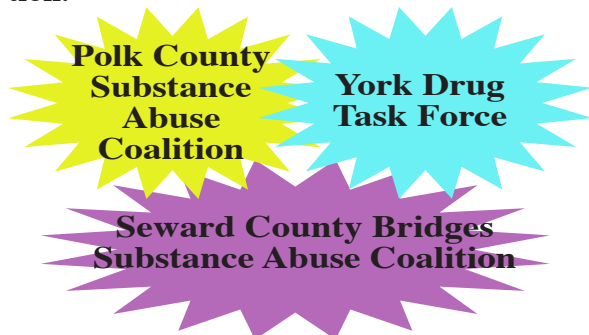
Four Corners Health Department has recently become an outreach partner of text4baby - an exciting new free mobile information service. An educational program of the National Healthy Mothers, Healthy Babies Coalition, text4baby provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY to 511411 (or BEBE for Spanish) will receive three free SMS text messages each week, timed to their due date or baby's date of birth. These messages focus on a variety of topics critical to maternal and child health: immunization, nutrition, seasonal flu, mental health, birth defects prevention, oral health and safe sleep. Text4baby messages also connect women to prenatal and infant care services.

### Exciting New Program

A new program designed to provide one on one education received by the mom, both before and after her baby is born, is being developed and will begin this spring. The plan is to have a registered nurse provide education and support when visiting with a pregnant woman before and after the birth of her child. Four Corners will be partnering with local hospitals and nurses, and coordinating with local physicians in this program. Our goal is to promote health by supporting the family and monitoring the progress of the baby. This is part of a program developed in collaboration with East Central District Health Department and in partnership with Good Neighbor Community Health Center and Columbus Community Hospital Healthy Families Nebraska Program. A federal grant has been received to finance the establishment of this program. Look for more news to come as this program grows.



**Four Corners partners with local agencies and community members to address alcohol and drug abuse prevention.**



### Additional Health Promotional Activities





## Four Corners Cancer Control Coalition

Members of the coalition include health care providers, cancer survivors, community leaders, health care agency representatives, and concerned citizens working together. New members interested in cancer prevention are always welcome. The mission of the Coalition is: “To serve as a resource for the Four Corners Community through the promotion of cancer awareness and prevention education, early detection through screenings, and providing support and encouragement to those touched by cancer”



**The coalition events include:**

- Cancer Health Fairs
- Skin Scope Analysis
- Presentations
- Activities for National Health Months, including Nutrition Month, Colorectal Cancer Awareness Month, Breast Cancer Awareness Month, etc.

The Nebraska Colon Cancer Screening Program Invites You to:



If you are 50, you should get screened for Colon Cancer. Contact your medical provider

## Bringing Partners Together to Achieve a Statewide Goal

Four Corners Health Department and the State Injury Prevention Program were very pleased to bring Suman Barkhas, certified Tai Chi instructor from the Oregon Heart and Vascular Institute, to York for the first of four state-wide training sessions on “Tai chi Moving for Better Balance” in June. Tai chi is a non-traditional form of exercise that is gaining research attention and popularity due to its health benefits for all age groups and all fitness levels. Benefits of Tai chi include improved flexibility and balance through its unique capacity to enhance lower extremity strength and improved postural stability. Tai chi has also been shown to reduce the risk of falls and fear of falling, particularly in the older adult population.



Twenty-three participants from five different health departments attended this two-day training session. There were six “graduates” of this course from the Four Corners District. As a result of this training, classes are being held in some of the Senior Centers, Wellness Centers and communities throughout the Four Corners District. Four Corners Health Department continues to utilize these locally-trained instructors to bring Tai Chi to all four of the counties in the Four Corners District.

Four Corners partnered with Butler County Health Care Center, University of Nebraska Extension and the Nebraska Restaurant Association to make these classes possible. A total of 24 individuals from Schools, Nursing Homes, Hospitals, and daycares received their certificates of completion.



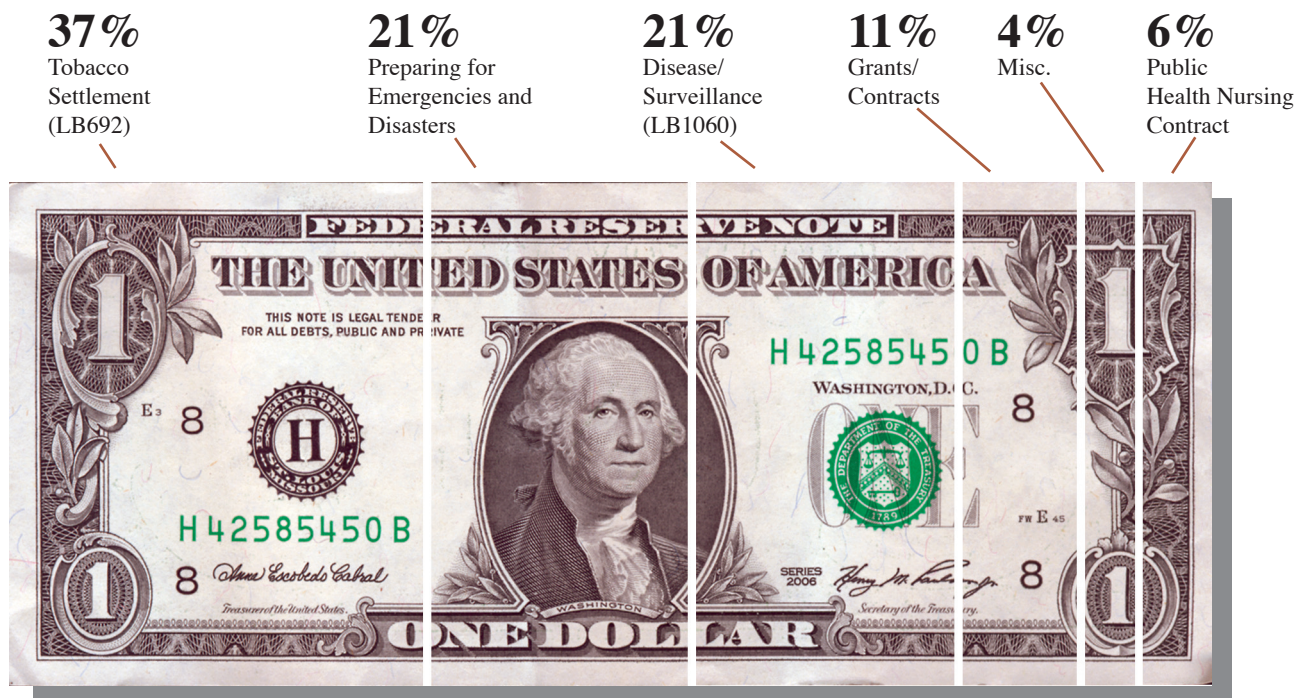
## From the Executive Director:

I would like to thank all those who have made the work of Public Health possible over the past year:

- **The Magnificent 7** – the Four Corners Health Department Staff
- **The Founding Fathers and Mothers** – The Four Corners present and past Board of Health Members
- **The Nebraska Public Health Chain** – From the Nebraska Department of Health and Human Services through the network of Public Health Departments across the state that share ideas, resources and advocacy
- **The Local Health Improvement Collaborators** – Too numerous to mention, but including: the County Commissioners, Supervisors and other elected officials, the Emergency Managers, health care providers, the schools, law enforcement, Extension Programs, Senior Centers, Businesses and so many more
- And, of course, all the **VOLUNTEERS** and **Citizens of Four Corners Health Department** who work daily to support the health of our district.

Vicki L. Duey, Executive Director

## Where the money comes from . . .



**\$535,010.41**

## Where the money goes . . .

### Protection

**34%**

Preparing for Emergencies, Disasters and Outbreaks of Illness

### Prevention

**23%**

Cancer Control  
Car Seat  
Drug Task Force  
Disease Surveillance  
School Surveillance  
Tobacco Intervention  
Abstinence  
West Nile Virus  
Disease Prevention

### Promotion

**11%**

Call Line to Care  
Every Woman Matters  
End of Life  
Public Health Nursing Education  
Safe Kids  
Radon  
Injury Prevention Program  
Maternal Child  
Employee Wellness

### General Administration

**32%**

Wages / Salaries  
Employee Expenses  
Contracts  
Travel  
Operating Expenses

**Expenses: \$488,976.00**



